Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day Tennessee DOC



Week:

Meal Name: Breakfast MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Bran Flakes Cereal	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	5	Cheesy Grits	1 1/2 015	Whole Grain Oatmeal w/ Cinnamon	Whole Grain Oatmeal w/ Cinnamon	Cheesy Grits	Cheesy Grits
Scrambled Eggs		Breakfast Sausage (1 ozw each)	-	Scrambled Eggs	-	Scrambled Eggs	Breakfast Sausage (1 ozw each	Breakfast Gravy 8/2 (2 oz)~	Grilled T. Bologna
1	3 ozw	-2	patty	d d	3 ozw	3 ozw			WZO 8
Hash Brown potatoes		French Toast Bake	-	Banana Muffin		Blueberry Muffin	Pancakes (2 fl oz each)	Bakery Biscuit (1/60 2@)	Cream Gravy
	1 cup		1/30 cut		1/60 cut	1/60 cut			1/30 cut
Flour Tortilla (6")		Syrup	<	Whipped Margarine		Whipped Margarine	Syrup	Cottage Fries	Bakery Biscuit
	1 each		2 floz		1/3 ozw	1/3 ozw	-	6.0	1 cup
Salsa		1% Milk (Half Pint)	-	1% Milk (Half Pint)		1% Milk (Half Pint)	Whipped Margarine	Fruit or Juice (1/2 cup equivalent)) Hash Browns w/Peppers & Onions
	1 floz		each		1 each	1 each	-		_
1% Milk (Half Pint)		Coffee	0	Coffee		Coffee	1% Milk (Half Pint)	1% Milk (Half Pint)	Coffeecake
	1 each		1 cup		1 cup	1 cup	-		1 each
Coffee		Sugar Sub		Sugar Sub	-	Sugar Sub	Coffee	Coffee	Fruit or Juice (1/2 cup equivalent)
	1 cup		2 packet		1 packet	2 packet	1 cup		1 cup
Sugar Sub	1 packet						Sugar Sub 2 packet	Sugar Sub	packet 1% Milk (Half Pint)
									Coffee
									Sugar Sub

	1 cup			
	Grape Fruit Drink w/ Vitamin C			
	Fresh Baked Lemon Cookie (1.5 oz)			Grape Fruit Drink w/ Vitamin C 1 cup
Orange Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine 1/3 ozw Orang	Cherry Fruit Drink w/ Vitamin C 1 cup		Fudge Brownie 1/60 cut
Spice Cake 1/60 cut	Southern Combread 1/60 cut Spice	Blueberry Sugar Cookie (1.5 oz) 1 each	Orange Fruit Drink w/ Vitamin C 1 cup	2 slice
Refried Pinto Beans LF 1/2 cup	Ranch Salad Dressing 1/2 fl oz Refrie	French Dressing LF 1/2 fl oz	1/60 cut	g LF 1/2 fl oz
Flour Tortilla (6") 2 each	Tossed Salad w/ Cabbage & Carrots 1/2 cup Flour	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Fruit or Juice (1/2 cup equivalent) 1 portion	bbage & Carrots 1/2 cup
Shredded Lettuce 1/2 cup	Chopped Onion 2 tablespoon Shrec	Irish Blend Vegetables 1/2 cup	1 cup	ō
1 floz	Cheese Sauce 1 fl oz Salsa	AuGratin Potatoes 1 cup	Creamy Colesiaw 1/2 cup	Ziti LF 3/4 cup
Cheese Sauce 1 floz	Chili w/ Beans (2oz)~ 8 ozw Chee	Enriched Bread 2 slice	Enriched Bread 2 slice	Tomato Sauce 3 fl oz
Taco Filling (2 oz)~ 4 ozw	Baked Potato 1 each Taco	Turkey Salad (4 oz diced turkey) 5 ozw	Sloppy Joe Filling (2oz)~ 4 ozw	h) 6 each

Meal Name: Dinner

8 B12, C, 1 cup	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cur			Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	1 cup	B12, C, I ced Tea	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup		
1/60 cut	Peanut Butter Brownie	1 cup	Iced Tea	Chocolate Oatmeal Cookle (1.5 ozw) 1 each	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each	1/60 cut Fresh I	Peanut Butter Brownie	Iced Tea 1 cup	D, E & Calcium 1 cup
1/3 ozw	Whipped Margarine	(1.5 oz) 1 each	Fresh Baked Sugar Cookie (1.5 oz) Whipped Margarine	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	2 slice Whippi	Enriched Bread	Fresh Baked Oatmeal Cookie (1.5 oz) Enriched Bread	-
1/60 cut	Southern Combread	2 slice	Enriched Bread	Fresh Baked Wheat Roll 2 ozw	Southern Combread 1/60 cut	1/2 cup Southe	Creamy Coleslaw	Ketchup 1/2 fl oz	1/60 cut
1/2 cup	Creamy Coleslaw	1 1/2 cup	Ziti w/ Tomato Sauce	French Dressing LF 1/2 fl oz	ge LF 1/2 cup	1/2 cup Cabbage LF	Green Beans	Enriched Bread 2 slice	iravy 4/1 (1 oz)~ 4 ozw
1/2 cup	Carrots LF	1/2 cup	Mixed Vegetables	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Macaroni & Cheese 3/4 cup	1 cup Macan	Cottage Fries	Com LF 1/2 cup	1/60 cut
3/4 cup	BBQ Black Beans	1 cup	Coney Sauce	Green Beans LF 1/2 cup	auce 1/2 fl oz	1 ozw BBQ Sauce	Sauteed Onions	Pinto Beans LF 3/4 cup	1 cup
WZO 8	Asian Fried Rice 8/2 (2 oz)~	2 each	T. Hot Dogs (1.5 oz each)	Rotini with Italian Sauce (2 oz)~ 8 ozw	Glazed BBQ Patty (3 ozw each) 1 patty	1 each	Smoked T. Sausage (3 oz each)	Country Patty (3 ozw each) 1 patty	ggs w/ Onions & Peppers 3 ozw

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadslicks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are better volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used. AThis Item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. FLM QUARTERLY MENU REVIEW (initial/date) Q1 200 23

Reviewed 3/2021 Aramark Dietitian's Signature:

TDOC Director of Food Service::

Date: 4 . 1 . 21

Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21

Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day Tennessee DOC



Week: MONDAY

N

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				te Cookie (1.5 1 each	Fresh Baked Oatmeal Spice Cookie (1.5 oz)	1/3 ozw	Whipped Margarine	1/60 cut	Lemon Cake	1/3 ozw	Whipped Margarine	Fruit or Juice (1/2 cup equivalent) 1 portion
				2 slice	Enriched Bread	2 ozw	Fresh Baked Wheat Roll	2 slice	Enriched Bread	1/60 cut	Peanut Butter Brownie	Enriched Bread 2 slice
				1 cup	Oven Browned Potatoes	1/2 fl oz	Ranch Salad Dressing	1 cup	Cottage Fries LF	1/60 cut	Southern Combread	Green Beans LF 1/2 cup
				1/2 cup	Shredded Lettuce	je & Carrots 1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 c		Italian Dressing	1/2 cup	Carrots LF	Gravy LS 3 floz
				1/2 ozw	Sliced Cheese	1/2 cup	Green Beans LF		Tossed Salad w/ Cabbage & Carrots 1/2 cup	1 cup	Rotini	Mashed Potatoes LF 1 cup
				1) 5 ozw	T. Ham Salad (4 oz T.Ham)	(2 oz)~ 8 ozw	Rotini with Italian Sauce (2 oz)~	4 ozw	Sloppy Giuseppe (2 oz)~	8 ozw	Chili w/ Beans (2oz)~	Roast Turkey 3 ozw
												Meal Name: Lunch
1 packet	Sugar Sub											
1 cup	Coffee											
1 each	1% Milk (Half Pint)	2 packet	Sugar Sub					1 packet	Sugar Sub			
equivalent) 1 portion	Fruit or Juice (1/2 cup equivalent)	1 cup	Coffee	1 packet	Sugar Sub	2 packet	Sugar Sub	1 cup	Coffee	1 packet	Sugar Sub	Sugar Sub 2 packet
1/60 cut	Coffeecake	1 each	1% Milk (Half Pint)	1 cup	Coffee	1 cup	Coffee	1 each	1% Milk (Half Pint)	1 cup	Coffee	Coffee 1 cup
1 cup	Cottage Fries LF	portion	Fruit or Juice (1/2 cup equivalent	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1/3 ozw	Whipped Margarine	1 each	1% Milk (Half Pint)	1% Milk (Half Pint) 1 each
1/60 cut	Bakery Biscuit	1 cup	Hash Brown Potatoes	1/3 ozw	Whipped Margarine	1/3 ozw	Whipped Margarine	2 floz	Syrup	1/3 ozw	Whipped Margarine	Syrup 2 floz
6 floz	Cream Gravy		Bakery Biscuit (1/60 2@)	1/60 cut	Bakery Biscuit	1/60 cut	Blueberry Muffin	2 each	Pancakes (2 fl oz each)	1/60 cut	Coffeecake	French Toast Bake 1/30 cut
ozw each) 1 patty	Breakfast Sausage (1 ozw each	MZO 8	Breakfast Gravy 8/2 (2 oz)~	3 ozw	Scrambled Eggs	3 ozw	Scrambled Eggs	ach) 1 patty	Breakfast Sausage (1 ozw each)	1 ozw	Grilled T. Bologna	Scrambled Eggs 3 ozw
1 1/2 cup	Bran Flakes Cereal	cup	Whole Grain Oatmeal w/ Cinnamon 1 1//	1 1/2 cup	Cheesy Grits	Cinnamon 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2	1 1/2 cup	Cheesy Grits	1 1/2 cup	Frosted Flakes Cereal	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup

Meal Name: Dinner

Cherry Fruit Drink w/ Vitamin C

1 cup

Grape Fruit Drink w/ Vitamin C

1/3 ozw 1 cup

Orange Fruit Drink w/ Vitamin C

1/60 cut 1 cup

Peanut Butter Brownie Cherry Fruit Drink w/ Vitamin C

1/60 cut 1/3 ozw

Fresh Baked Oatmeal Spice Cookle (1.5 oz)
1 each
Grape Fruit Drink w/ Vitamin C

1 cup

The state of the s	The second secon	-						
Macaroni & Cheese Casserole 8/2 (2 oz)~ 8 ozw	Country Patty (3 oz each)	1 each	Crispy Chicken Patty (3 ozw each)	patty Salisbury Steak (3 ozw each) 1 patty	T. Hot Dogs (1.5 oz each) 2 each	Charbroiled Patty (3 ozw) 1 patty	Taco Filling (2 oz)~	4 ozw
Irish Blend Vegetables LF 1/2 cup	Gravy	3 fl oz	Mayo-Type Dressing 1/2 fl oz	Gravy	Blackeyed Peas	Ketchup 1/2 fl oz	Cheese Sauce	1 floz
Black Beans LF 1/2 cup	Lyonnaise Potatoes LF	1 cup	Mac & Cheese LF	Mashed Potatoes	Irish Blend Vegetables LF	Rotini 1 cup	Salsa	1 floz
Fresh Baked Wheat Roll 2 ozw	Peas LF	1/2 cup	Carrots LF 1/2 cup	Black Beans LF	Enriched Bread	Navy Beans 1 cup	Com LF	1/2 cup
Whipped Margarine 1/3 ozw	Enriched Bread	2 slice	Enriched Bread 2 slice	Enriched Bread	Mustard & Ketchup (1/2 oz each) 1 serving		Shredded Lettuce	1/4 cup
Fresh Baked Oatmeal Spice Cookie (1.5 Whipped Margarine oz) 1 each	Whipped Margarine	1/3 ozw	Blueberry Sugar Cookie (1.5 oz) 1 each	Fresh Baked Sugar Cookie (1.5 oz)	Spice Cake 1/60 cut	Italian Dressing 1/2 fl oz	Tortilla Chips	1 ozw
Iced Tea 1 cup	Vanilla Pudding	1/2 cup	Iced Tea 1 o	cup D, E & Calcium 1 cup	Iced Tea 1 cup	Enriched Bread 2 slice	Spanish Rice	3/4 cup
	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cur	s B12, C, 1 cup				Fresh Baked Lemon Cookie (1.5 oz) 1 each	Refried Pinto Beans	1 cup
						Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Blueberry & Whole Grain Oat Bar	3ar 1/60 cut
							Iced Tea	1 cup

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with marganine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used. AThis item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. FLM QUARTERLY MENU REVIEW (initial/date) Q1 22 23 2

Reviewed 3/2021 Aramark Dietitian's Signature:

TDOC Director of Food Service::

Date: 4.1.21

Proposed: 4/17 Implemented: 4/17 Revised: 4/18, 1/1/18, 5/19, 9/19, 11/19, 4/20, 3/21

Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day Tennessee DOC



Week:

MONDAY Meal Name: Breakfast

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Cheesy Grits	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Whole Grain Oatmeal w/ Cinnamon	innamon	Bran Flakes Cereal	5	Whole Grain Oatmeal w/ Cinnamon	Cinnamon	Cheesy Grits	Whole Grain Oatmeal w/ Cinnamon Cheesy Grits	Cheesy
	7 7/2 cup		1 1/2 cup		1 1/2 cup		1 1/2 cup	1 1/2 cup	1 1	1 1/2 cup
Scrambled Eggs	3 ozw	Scrambled Eggs	3 OZW	Breakfast Sausage (1 ozw each)	1 patty	Scrambled Eggs	3 0ZW	Breakfast Sausage (1 ozw each)	Breakfast Gravy 8/2 (2 oz)~	Grilled T. Bologna
Cottage Fries LF	1 cup	Banana Muffin	1/60 cut	French Toast Bake	-	Blueberry Muffin	1/60 cut	Pancakes (2 fl oz each) 2 each	Bakery Biscuit (1/60 2@)	1/30 cut Cream Gravy
Flour Tortilla (6")	1 each	Whipped Margarine		Syrup	-	Whipped Margarine	1/3 ozw	Syrup 2 floz	Hash Browns w/Peppers & Onions	Bakery Biscuit
Salsa	1 floz	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	1% Milk (Half Pint)	1 each	Whipped Margarine 1/3 ozw	Fruit or Juice (1/2 cup equivalent)	lent) Cottage Fries
1% Milk (Half Pint)	1 each	Coffee	1 cup	Coffee		Coffee	1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint)	Coffeecake
Coffee	1 cup	Sugar Sub	_	Sugar Sub		Sugar Sub	2 packet	Coffee 1 cup	Coffee	Fruit or Juice (1/2 cup equivalent
Sugar Sub	1 packet							Sugar Sub 1 packet	Sugar Sub 2 p	1% Milk (Half Pint)
										Coffee
										Sugar Sub

paked Medical (3 ozw each) 1 patty	AuGratin Potato Casserole (2 oz)~ I. Bologna	I. Bologna	2 ozw	Meatballs (1/2 oz each) 6 each	Sloppy Joe Filling (2oz)~	
Gravy LF 3 floz	Navy Beans LF 1/2 cup	Sliced Cheese	1/2 ozw	Italian Tomato Sauce	Parsley Potatoes LF	
Mashed Potatoes LF 3/4 cup	Peas LF 1/2 cup	Baked Beans		Ziti 1 cup	Green Beans LF 1/2 cup	
Kettle Blend Mixed Vegetables LF 1/2 cup	Southern Combread 1/60 cut	Creamy Coleslaw	1/2 cup	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2 slice	
Southern Combread 1/60 cut	Whipped Margarine 1/3 ozw	Mustard	-	Ranch Salad Dressing 1/2 fl oz	Fresh Seasonal Fruit 1 each	
Whipped Margarine 1/3 ozw	Spice Cake 1/60 cut	Enriched Bread	-	Fresh Baked Wheat Roll 2 ozw	Chocolate Cake 1/60 cut	
Chocolate Cake 1/60 cut	Cherry Fruit Drink w/ Vitamin C 1 cup	Peanut Butter Brownie		Cherry Cookie (1.5 oz) 1 each	Cherry Fruit Drink w/ Vitamin C	
ange Fruit Drink		Grape Fruit Drink w/ Vitamin C		Orange Fruit Drink w/ Vitamin C 1 cup	- Control of the Cont	
		THE RESIDENCE OF THE PROPERTY OF THE PARTY O				

Weal Name: Dinner

Scrambled Eggs 3 ozw	Crispy Chicken Patty (3 ozw each)	Glazed BBQ Patty (3 ozw each)	Charbroiled Patty (3 ozw)	1 nath	Country Patty (3 ozw each)	Southwest Burrito Filling (2 oz)~	Macaroni & Cheese Casserole 8/2 (2
Breakfast Sausage (1 ozw each) 1 patty	Italian Tomato Sauce 1 fl oz	BBQ Sauce	Sliced Cheese	1/2 ozw	Potato Salad	Com LF	Black Beans LF
Cheesy Grits 1 1/2 cup	Shredded Cheese	Carrots 1/	Shredded Lettuce	1/2 cup	Baked Beans 1/2 cup	Shredded Cheese	1/2 ozw
Cream Gravy 6 floz	Parslied Rotini LF	Paprika Potatoes	Ketchup	1/2 fl oz	Enriched Bread 2 slice	Spanish Rice	3/4 cup Southern Combread
Bakery Biscuit 1/60 cut	Tossed Salad w/ Cabbage & Carrots 1/2 cup	Enriched Bread 2	Carrots LF	1/2 cup	Mustard (1/2 oz)	Refried Pinto Beans LF	Whipped Margarine
Whipped Margarine 1/3 ozw	French Dressing LF 1/2 fl oz	Fresh Baked Lemon Cookie (1.5 oz)	Cottage Fries LF	3/4 cup	Chocolate Pudding	Flour Tortilla (6")	Blueberry Lemon Cookie (1.5 oz)
Coffeecake 1/60 cut	Enriched Bread 2 slice	Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup	Enriched Bread	2 slice	Lemon Fruit Drink w/ Vitamins B12, C, Salsa D, E & Calcium 1 cup		Lemon Fruit Drink w/ Vitamins B12, C, 1 floz D, E & Calcium 1 cur
D, E & Calcium 1 cup	Fresh Baked Oatmeal Cookie (1.5 oz) 1 each		Fresh Baked Oatmeal Cookie (1.5 oz)	1.5 oz) 1 each		Peanut Butter Brownie	1/60 cut
	Iced Tea 1 cup		Iced Tea	onp 2		Iced Tea	1 CUD

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

"This item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included. NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine,

Reviewed 3/2021 Aramark Dietitian's Signature: MS.NAL DOLUMESHADIS FLM QUARTERLY MENU REVIEW (initial/date) Q1 Q2 Q3 PARTIES (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings.

TDOC Director of Food Service::

Date: 4.1.2

Implemented: 4/17 Revised: 4/18, 11/18, 5/19, 9/19, 11/19, 4/20, 3/21 Proposed: 4/17

Standardized Heart Healthy Spring/Summer Menu 2021 Daily average 2500 calories per day Tennessee DOC



Week: Meal Name: Breakfast MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TOWNS THE PERSON OF THE PERSON											
Cheesy Grits 1 1/2 cup	Whole Grain Oatmeal w/ Cinna	g g	Cheesy Grits	1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon 1 1/2 cup	-	Cheesy Grits 1 1/2 cup	Whole Grain Oatmeal w/ Cinnamon	8	Bran Flakes Cereal	1 1/2 cup
Scrambled Eggs 3 ozw	Scrambled Eggs		Grilled T. Bologna	1 0ZW	Scrambled Eggs		Breakfast Sausage (1 ozw each)	Breakfast Gravy 8/2 (2 oz)~	8 9	Breakfast Sausage (1 ozw each)	n)
French Toast Bake 1/30 cut	Bakery Biscuit		Blueberry Muffin	1/60 cut	Bakery Biscuit 1/60 cut		Pancakes (2 fl oz each) 2 each	Bakery Biscuit (1/60 2@)	1/30 cut	Cream Gravy	6 fl oz
Syrup 2 floz	Whipped Margarine		Whipped Margarine	1/3 ozw	Whipped Margarine	Syrup		Hash Brown Potatoes	2 2	Bakery Biscuit	1/80 Cut
1% Milk (Half Pint) 1 each	1% Milk (Half Pint)		% Milk (Half Pint)	1 each	1% Milk (Half Pint)	-	Whipped Margarine	Fruit or Juice (1/2 cup equivalent)	nortion	Cottage Fries LF	Cub
Coffee 1 cup	Coffee		Coffee	1 cup	Coffee		1% Milk (Half Pint) 1 each	1% Milk (Half Pint)	each	Coffeecake	1/60 cut
Sugar Sub 1 packet	Sugar Sub		Sugar Sub	1 packet	Sugar Sub 2 packet	Coffee		Coffee	1 cup	Fruit or Juice (1/2 cup equivalent)	nt) portion
							Sugar Sub 1 packet	Sugar Sub 2	2 packet	1% Milk (Half Pint) Coffee	1 each
										Sugar Sub	packet
meat traille. Luileil											
Pizza 1. Sausage & Cheese	I. Ham	2 ozw B	Baked Potato	1 each	Turkey Salad (4 oz diced turkey) 5 ozw		American Goulash 8/2 (2 oz)~ 8 ozw				
Rotini w/ Tomato Sauce 1 cup	Pinto Beans LF	100	Chili w/ Beans (2oz)~	8 ozw	BBQ Beans LF/LS 3/4 cup	-	Kettle Blend Mixed Vegetables				
Broccoli LF 1/2 cup	Macaroni & Cheese		Cheese Sauce	1 floz	Creamy Colesiaw 1/2 cup		Tossed Salad w/ Cabbage & Carrots				
Fresh Baked Wheat Roll 2 ozw	Green Beans LF	-	Chopped Onion 2	2 tablespoon	Enriched Bread 2 slice		French Dressing LF 1/2 fl oz				
Fresh Baked Lemon Cookie (1.5 oz) 1 each	Southern Combread		Tossed Salad w/ Cabbage & Carrots 1/2 cup	Carrots 1/2 cup	Chocolate Oatmeal Cookie (1.5 ozw) 1 each		Fresh Baked Wheat Roll 2 ozw				
Grape Fruit Drink w/ Vitamin C 1 cup	Whipped Margarine	-	talian Dressing	1/2 fl oz	Grape Fruit Drink w/ VItamin C		Whipped Margarine				
	Cherry Cookie (1.5 oz)	-	Southern Combread	1/60 cut	And the second s		Fresh Seasonal Fruit				
	Orange Fruit Drink w/ Vitamin C		Whipped Margarine	1/3 ozw		Oran	Orange Fruit Drink w/ Vitamin C				
			Oatmeal Cookie Bar	1/60 cut							
		Q	Cherry Fruit Drink w/ Vitamin C								
Meal Name: Dinner											
Crispy Chicken Patty (3 ozw each) 1 patty	Asian Fried Rice 8/2 (2 oz)~	8 ozw Ch	Charbroiled Patty (3 ozw)	1 patty	Southwest Burrito Filling (2 oz)~ 8 ozw		Country Patty (3 ozw each) 1 patty	Salisbury Steak (3 ozw each)	patty	AuGratin Potato Casserole (2 oz)~	% Z)~
BBQ Sauce	Carrots LF		Sliced Cheese		Shredded Cheese		Cream Gravy	Mashed Potatoes		Cabbage LF	

All entree portions purchased fully cooked, within manufacturer tolerance specifications, are weight measurements prior to reheating. Casseroles and combination items made from scratch are based upon approximate cooked weight measurements. Weights on cookies, bread, rolls, and breadsticks made from mix or scratch are prior to baking. Pancakes made from mix or scratch are batter volume measurement prior to cooking. Side dishes are volume measurements. All starches, vegetables, and cooked cereal are prepared with margarine unless indicated as LF (Low Fat). No pork is used unless item is named pork. Imitation cheese with calcium is used.

**This item made with a combination of mechanically separated poultry (75%) used in accordance with USDA standards and texturized vegetable protein (25%).

Creamy Colesiaw

AuGratin Potatoes LF

1/2 cup

Enriched Bread Peas Carrots LF

1 floz patty

1/2 cup 1/2 cup

1/2 ozw 1 cup

Spanish Rice

1/2 ozw

Cabbage LF

Shredded Cheese

1 cup

Enriched Bread Fudge Brownie

2 slice

1/60 cut Lemon Fruit Drink w/ Vitamins B12, C, D, E & Calcium 1 cup 2 slice Blueberry & Whole Grain Oat Bar

> Ketchup Enriched Bread Irish Blend Vegetables LF Cottage Fries LF Sliced Cheese Charbroiled Patty (3 ozw)

> > 1/2 cup

Flour Tortilla (6") Corn LF

> 1/2 cup 1 cup

Enriched Bread

2 slice

1/60 cut

1 cup

Peanut Butter Brownie Whipped Margarine Southern Combread

> 1/3 ozw 1/60 cut 1/2 cup

Blueberry Lemon Cookie (1.5 oz) 1 each

1/3 ozw 1/60 cut

Whipped Margarine Bakery Biscuit Navy Beans

1/60 cut D, E & Calcium 1 cup

Iced Tea

Lyonnaise Potatoes Carrots LF Cream Gravy

1/2 cup

3 floz 1 cup

1/2 cup Kettle Blend Mixed Vegetables LF

1/2 cup 1 cup

1/2 cup

Corn Gravy

2 floz

1 cup

Irish Blend Vegetables

Iced Tea Banana Cake

1 cup

1/60 cut D, E & Calcium 1 cup

Iced Tea Chocolate Cake

1/2 fl oz 2 slice

2 each Fresh Baked Sugar Cookie (1.5 oz) 1 each

ced Tea

1 cup 1/60 cut

NUTRITION STATEMENT: This menu meets the nutritional guidelines of the American Correctional Association which are based upon the current DRI's for males and females 19 to 50 years as established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Adequate levels of protein, vitamin A, vitamin C, calcium, and iron are included.

In accordance with ACA Standard (ref. 4-ALDF-4A-07) (MANDATORY) Menu evaluations are conducted at least quarterly by food service supervisory staff to verify adherence to the established daily servings. FLM QUARTERLY MENU REVIEW (initial/date) Q1 S

Reviewed 3/2021

Aramark Dietitlan's Signature:

TDOC Director of Food Service::

Date: 4.1.21